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Rangeley Lakes Region Chamber of Commerce named finalist for 2026 Dana F. Connors Chamber of the Year Award

RANGELEY — The Rangeley Lakes Region Chamber of Commerce has been named a finalist for the Maine State Chamber of Commerce's 2026 Dana F. Connors Chamber of the Year Award, marking the second consecutive year, the organization has earned this distinction.

The award recognizes outstanding local chambers of commerce across Maine for their leadership, community impact, and contributions to the state's business environment. The winner will be announced at the Maine State Chamber of Commerce's Annual Meeting, Dinner & Gubernatorial Debate, held Thursday, October 1, 2026, at the Cross Insurance Arena in Portland, Maine.

"I couldn't be prouder of our small but mighty team, our dedicated board, and this incredible community we serve. Being named a finalist for this award, for the second year in a row, proves that even a small, rural chamber like ours can make big waves. This recognition belongs to everyone who shows up for our community every day,"

said Alexandra Kaiser, Executive Director of the Rangeley Lakes Region Chamber of Commerce.

The Rangeley Lakes Region Chamber was also a finalist for the award in 2025, when the honor was awarded to the Bangor Region Chamber of Commerce. This year's Annual Meeting & Dinner will bring together more than 400 business, government, and community leaders from across the state. In addition to the Chamber of the Year Award, the evening will include the presentation of the Dirigo Award, honoring Geiger for more than 140 years of contributions to Maine's economy, and a live gubernatorial debate presented in partnership with NEWS CENTER Maine.

More information about the event is available at mainechamber.org. About the Rangeley Lakes Region Chamber of Commerce Since 1955, the Rangeley Lakes Region Chamber of Commerce has represented an area that spans five communities and more than 110 lakes and ponds. RLRCC supports over 140 businesses, sharing our



love for this beautiful part of Maine that we call home. The Chamber's primary goal is to promote the Rangeley Lakes Region year-round, attracting visitors and benefiting our member businesses economically.

Mission: The Rangeley

Lakes Region Chamber of Commerce supports a vibrant, year-round community by serving as a central resource for residents and visitors, elevating local businesses and nonprofits promoting the region's natural beauty while honoring our heritage.



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MAINE CALENDAR OF EVENTS

OCTOBER

Oct 4 - Friends of the New Gloucester Public Library annual Fall Book and Bake Sale, 12:00 – 3:00 p.m., New Gloucester Public Library, 379 Intervale Road, New Gloucester.

Oct 14 - Shiloh Pond Community Forest (Kingfield), 10 a.m., 200 acres owned by the Town of Kingfield and stewarded by High Peaks Alliance, featuring two ponds, wetlands, a small waterfall, and a scenic forest trail, registration is free but required, as space is limited, <https://secure.qgiv.com/for/highpeaksalliance/event/woodwalks/>.

Oct 16 - Artist Reception celebrating the works of Carol Sullivan (“Exploring Silk”), 5:30 – 7 p.m., 2493 Main St., Rangeley, come on out to meet the artist, enjoy complimentary refreshments and a beer/wine cash bar.

MONTHLY MEETINGS

TURNER: At Turner Public Library Stay & Play is on Wednesdays from 9:30-10:30 a.m., Story Hour is at 10:30 a.m., and Silent Book Club is from 4-6 p.m. on Thursdays.

GRAY/NEW GLOUCESTER: Meet friends and neighbors, chat one-on-one with the GNG Community Connectors, every Thursday, 9:00 a.m. to 11 a.m., New Gloucester Community Building (behind town hall) or 1:00 p.m. to 3:00 p.m., Gray Library, large meeting room in the basement.

LOCKE MILLS: Greenwood Farmer’s Market every other Friday during the winter, starting on October 3rd, 270 Main St., Rt. 26, Locke Mills,

next door to the Greenwood Post Office, FMI Brian and Suzanne Dunham 207-665-2967.

RUMFORD: Celebrate Recovery meetings, every Thursday and Sunday at 6:30 p.m., Larry Labonte Recovery Center, 412 Waldo St., Rumford, free, FMI contact Justin Teixeira at 207-393-7205 or Erika Teixeira at 207-418-7777.

Nami Farmington Family Support Group, for family and friends of people living with a mental illness, 3rd Monday of each month, 6:30-8 p.m., Maine Health Franklin Hospital, 111 Franklin Health Commons, Farmington, Contact Louise (207) 592-9933 or Kathy (207) 318-1075

FARMINGTON: Farmington Chess Club meets every Tuesday from 6-8 pm at the Parks and Rec Center, 127 Middle St., Farmington. All skill levels are welcome.

FARMINGTON: St. Joseph Nutrition Center, corner of Quebec and Middle Street (across from St. Joseph Church) A “Blessing Box” in front of the building. More information or to help out: (207) 778-2778.

JAY: St. Rose of Lima Food Assistance, 1 Church Street (Parish Hall) A “Blessing Box” faces the street in front of the building. More information or to help out: (207) 897-2173.

JAY: St. Rose of Lima Community Meals, 1 Church Street (Parish Hall), Community meals offered on the first and third Saturdays of the month from 4:30 p.m. to 6 p.m. For more information or to help: (207) 897-2173.

MADISON: Music Jams - Open Mic. 1st and

3rd Sunday of each month, 1-4 p.m. Masonic Hall, Madison.

RANGELEY: The Lakeside Contemporary Art Gallery’s spring/summer show, paintings by Ashton F. LeCraw, will run from May 29 - July 6th. All is welcome & artwork is available for purchase. LCAG is located at 2493 Maine Street, Rangeley & open Tues - Sat. 10 a.m. - 2 p.m. & during theatre showing. <https://rangeley-arts.org/event/lcag-artist-reception-ashton-lecraw/> or call 207-864-5000.

RUMFORD: Old School Food Pantry, 115 Maine Avenue, Wednesdays from 3 p.m. to 6 p.m., For more information or to help: (207) 364-4556 or email Shannon at rvhc-cglover@gmail.com

SKOWHEGAN: St. Anthony’s Soup Kitchen, 273 Water Street, 1st and 3rd Tuesdays of each month and every Thursday, 3 p.m. to 4 p.m. For more information or to help: (207) 474-2039.

NORWAY: Mindful Yoga at Roberts Farm Preserve Roberts Farm Preserve, 9:30 – 10:30 a.m., 58 Roberts Rd., Norway.

WATERVILLE: A Service for Veterans, Veteran Service Officer from the Bureau of Veterans’ Services will be available to meet with you from 8 a.m. – 2 p.m. first Thursday of the month at the Muskie Community Center, 38 Gold Street, Waterville, appointments are 30 minutes. To reserve your private appointment, call (207) 873-4745.

WATERVILLE: Family Caregiver Education and Support Group, Third Wednesday, Monthly 1 – 2:30 p.m., Spectrum

Generations’ Muskie Community Center, 38 Gold Street, Waterville, to learn more, visit the front desk receptionist at the Muskie Center or call (207) 873-4745.

SABATTUS: Weekly Group Runs, every Wednesday, 6 p.m., Mixer’s parking lot, FMI, check out the Sabattus Rec Club Running Program Facebook page, or email running@sabattusrec.com.

GARDINER: Maine-ly Harmony women’s barbershop chorus rehearsals, Wednesday evenings, 6:30 to 9:00 p.m. at the Highland Avenue United Methodist Church, 31 Highland Avenue, Gardiner, women of all ages are welcome to enjoy singing with this very welcoming women’s chorus.

FARMINGTON: Farmington Grange has WWW, Wednesday Welcome and Warm Up, First and third Wednesdays, November thru April. Everyone is welcome, 10-2, coffee sweets, light lunch, social time, projects, games and puzzles. Grange Hall is located at 124 Bridge Street, West Farmington. For more information call Bonnie Clark 207-778-1416

FARMINGTON: Nine-ish- NA Meetings (In Person), 9:15-10:30 a.m., Franklin Memorial Hospital, 111 Franklin Health Commons, Farmington.

Food Addicts Meetings FREE - Food addicts in recovery meetings: Tues Zoom and phone, Thurs phone and Sun in person. foodaddicts.org FMI call 441-8002 or 623-1924.

MAINE CALENDAR PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: advertising@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster. Our Maine Events calendar page is FREE for free community events. Church, library and school event news is free on this page. If you are a business and/or charging admission/fee, there is a charge for a display ad on these pages. Email: advertising@turnerpublishing.net. Call 207-225-2076 for prepayment options. Events for the Maine Events Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: www.turnerpublishing.net/pdf/Deadlines.pdf

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CANCELLATIONS

None listed.

Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication

deadlines: <https://www.turnerpublishing.net/pdf/Deadlines.pdf>. Email your event information to articles@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

GOLF TIPS

Here we are getting ready for another golf season; I’m sure many of you have already been playing. This is the time to work on one or two of the chronic mistakes that always come up to ruin a round.

For some of you, it might be an infrequent hook or slice, putting problems, short game blunders or whatever drives you nuts. If you can eliminate one or two of these, just think of the improvement to your everyday scoring — sounds good to me.

As you know, golf is a difficult game. Trying to change the things adversely affecting your game is also difficult, but going online to many golf websites or reading tips in magazines can sometimes help. The best way to improve your game is to take some lessons with an instructor you can communicate with; that’s the key. So good luck with your new game improvement.



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Scam Alert Bulletin Board



How Scammers are Exploiting Product Recalls

As food and product recalls continue to make headlines, criminals are following suit. They send texts, emails, or other messages claiming that a product you purchased has been recalled and that you’re entitled to a refund or free replacement.

The message may look legitimate, appearing to come from a retailer or manufacturer you trust. It urges you to act quickly and click a link to claim a refund or verify your account. But in reality, the link

takes you to a fake website designed to steal your login credentials and personal or financial information.

If you receive a message like this, don’t click. Instead, go directly to the company’s official website or app to verify the recall and check your account. You can also confirm recalls through the Food and Drug Administration and U.S. Consumer Product Safety Commission, which maintain lists of recalled products at fda.gov/safety/recalls and cpsc.gov/recalls.

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Submit this form with your Funniest Thing Kids Say conversation and we will publish in an upcoming issue.

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While playing a dice game with my 2 granddaughters, my sister passed the dice to my youngest one who's 7 years old and she couldn't quite reach all of them.

All four of us leaned in towards the middle of the table and the dice where just out of reach for all of us.

My sister looks at her and says, "I'm sorry I can't reach them, my dad was a T-Rex! That's why my arms are so short!"

We all started to laugh except for my seven year old granddaughter who blatantly says, "Well your dad must be extinct!"

She never met her great grandfather before

he passed away so it made the comment accurate but hilarious for a child to come up with so quickly! My sister and I just laughed to the heavens!

Jennylynn of DurhamGreene

Overlooking Flagstaff Lake from Cranberry Peak



Cranberry Peak via the Bigelow Range Trail

Photo by Brett Bannister

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Family-friendly activities for fall

Metro

Fall is a welcome season for many people. The cooler temperatures and still-ample sunlight mean there is plenty of time to enjoy the great outdoors even if summer has ended. Fall activities dot the calendar, with several different options for individuals and families to get involved.

According to Acenda Integrated Health, incorporating family time into a schedule is crucial for a child's development. It's also key to have time to get a break from busy schedules. Fall is a great time to do just that with these activities.

- **Apple-picking:** Few things are more refreshing than taking a bite out of an apple fresh off the tree. Orchards are bursting with apples this time of year, and an afternoon spent picking apples is a great way to spend time together.
- **Leaf treasure hunt:** Everyone can head outdoors with a bag or basket to gather leaves. Look for the brightest color or the crunchiest leaf that can be found. The leaves can be pressed between wax paper to save them.



- **Fall festivals:** Outdoor festivals are ideal for families because they tend to feature crafts, food, music, and activities.
- **Fall baking:** Turn those plucked apples into pies or muffins, or use pumpkin and cinnamon to fill a home with delicious seasonal smells. Kids can help stir, pour and sprinkle ingredients.

- **Corn maze:** Corn mazes may be set up adjacent to pumpkin patches, so the family can pick out the perfect pumpkin to carve and then try to navigate the maze.
- **Spooky walk:** Halloween lands right in the heart of fall. Enjoy a walk through the neighborhood checking out people's Halloween decorations. A night walk with flashlights to listen to the sounds of animals can be "scary" in its own right. Another idea is to go to a haunted house or walk sponsored by a school or amusement park.
- **Football:** Enjoy a pick-up game of flag or touch football. It's a great way to enjoy time outdoors and expend some physical activity.

Fall is a perfect time to enjoy family-friendly activities.



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Bob Barton
Westbrook

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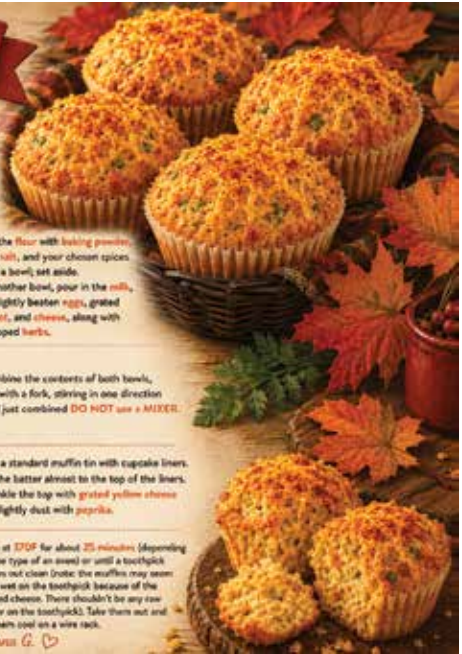


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Reader RECIPE

Muffins with Yellow Cheese



Ingredients

- 250 g of wheat flour
- 1 1/2 teaspoons of baking powder
- 1 medium carrot (80 - 100 g) grated on a medium grater
- 150 g of cheese (e.g. cheddar) grated on a medium grater
- 75 ml of oil
- 220 ml of milk
- 2 eggs
- 1/2 a teaspoon of salt
- other spices - optional: paprika, sweet or hot paprika, chili and/or herbs to taste, e.g.: parsley (fresh or dried), oregano, dill, etc.

Additionally:

- 30 g of yellow cheese for topping the muffins
- paprika powder, for sprinkling (optional)

All ingredients should be at room temperature.

1 Sift the flour with baking powder, add salt, and your chosen spices into a bowl; set aside. In another bowl, pour in the milk, oil, lightly beaten eggs, grated carrot, and cheese, along with chopped herbs.

2 Combine the contents of both bowls, mix with a fork, stirring in one direction until just combined **DO NOT** use a MIXER.

3 Line a standard muffin tin with cupcake liners. Fill the batter almost to the top of the liners. Sprinkle the top with grated yellow cheese and lightly dust with paprika.

4 Bake at 170°C for about 25 minutes (depending on the type of an oven) until a toothpick comes out clean (note: the muffins may seem a bit wet on the toothpick because of the melted cheese. There shouldn't be any run liquid on the toothpick). Take them out and let them cool on a wire rack.

Submitted by Adrianna G. ♥

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MOVIE REVIEW

by Lucas Allen

SPIDER-MAN: BRAND NEW DAY

(Columbia Pictures/Marvel Studios)

For nearly a quarter of a century, Marvel Comics’ “The Amazing Spider-Man” remains endearing on the big screen as well as on the page, whether live-action or animated, city-wide or worldwide and whoever dons the mask. This motion picture franchise continues to redefine itself, especially in the Marvel Cinematic Universe, where our friendly neighborhood webslinger teamed with the Avengers and swung around the “Spider-Man: Brand New Day,” which our hero takes part in his most mature story yet. Taking that tall order is Destin Daniel Cretton, the director of his previous MCU film, the impressive “Shang-Chi and the Legend of the Ten Rings.”

With the world already forgotten his alter-ego from Doctor Strange’s spell, Peter Parker (Tom Holland) continues to save New York City on a daily basis as Spider-Man, earning him the respect of its many denizens, including Detective Jean DeWolff (Liza Colon-Zayas), who became his connection to the authorities. Unfortunately, it also means that he has no way of reconnecting with his ex-girlfriend MJ (Zendaya) and best pal Ned (Jacob Batalon) leaving him alone to handle his responsibilities. Just then, he begins to experience a change in his DNA when his arachnid side is starting to overtake his body. With advice from Prof. Bruce Banner (Mark Ruffalo), Parker creates a working inhibitor in the hopes of controlling his growing new spider abilities, including organic web shooters.

Meanwhile, Spidey investigates various attacks on the city’s Department of Damage Control and its director Bill Metzger (Tramell Tillman). His search leads to a mysterious

figure (Sadie Sink from “Stranger Things”), who can telepathically move from one person’s body to another. With all his friends being threatened, he will have to contend with his newfound abilities to battle this new threat, while also dealing with Frank Castle (Jon Bernthal) and his constant trigger-happy persona The Punisher.

Possibly taking inspiration from the earliest Spider-Man movies of the 2000’s, the filmmakers crafted what is surely the most mature film in this franchise since Spider-Man 2. It is a story that is more character-focused and less about spectacle than your average superhero movie, plus it deals with the duality of having an alter-ego versus being a human being. It creates enough genuine drama to help convey Parker’s emotional journey post-No Way Home and the repercussions his own actions have on others. It is not afraid to take things more seriously, especially for those simply looking for some grand entertainment.

There are also enough light moments to keep the tonal shifting in balance without causing any whiplash on the viewer. However, with the film being 2.5 hours long, some scenes along with the humor tend to drag on for a bit too long. Even with some important exposition from a recurring MCU character who is not entirely necessary to the film in the long run, it is just padding that could have been trimmed to a more acceptable length.

Fortunately, there are still some fun parts that you have come to expect between the opening tank chase and the fight with the Incredible Hulk. The web-swinging scenes dazzle with the addition of some POV shots, which can be dizzying for those seeing the film in 3D. Things get more tense in the

third act with the emotional stakes getting higher and higher until everything metaphorically explodes for everybody. It is a testament for everybody involved in how to construct a story like this with skill and belief.

In fact, the story itself gives Holland a chance to show a side of Parker we have rarely seen, and the young actor excels in his best performance for the character yet. Not to mention, his chemistry with the equally great Zendaya continues to endear on-screen and off. Bernthal shows off both a hilarious and vulnerable version of his character than in his previous appearances in Netflix’s “Daredevil” and “Daredevil: Born Again,” though both Batalon and Ruffalo share some light-hearted moments too. There is not much to say about Sink’s character, but the young actress shows off great potential for this film as well as her future with the MCU.

Although just another solid entry in the series, “Spider-Man: Brand New Day” still has some sweet stuff that fans are surely embracing. From its story to its characters, it once again shows why audiences love the web-head as well as the many great moments that made this superhero franchise truly shine. But for those who want more of the Spider-Verse, there’s next summer’s “Spider-Man: Beyond the Spider-Verse” hoping to once again take the box office by storm.

THE MOVIE’S RATING: PG-13 (for sequences of action/violence and some language)

THE CRITIC’S RATING: 3.5 Stars (Out of Four)



THE HEALTHY GEEZER

Fred Cicetti

PROSTATE CANCER, PERIMENOPAUSE & CATARACTS

Q. What are the options for treating prostate cancer?

Prostate cancer is one of the most common types of cancer among American men. Treatment for prostate cancer works best when the disease is found early.

There are many options for treating prostate cancer:

- Observation. If the cancer is growing slowly, you may decide to wait and watch.
- Hormone therapy. This stops cancer cells from growing.
- Surgery. There are several surgical options. These include radical prostatectomy or removal of the entire prostate, cryosurgery that kills the cancer by freezing it, radiation therapy to shrink tumors, and implant radiation that places radioactive seeds into the prostate.

Surgery can lead to impotence and incontinence. Improvements in surgery now make possible for some men to keep their sexual function.

Q. What exactly is perimenopause?

The process of reproductive aging begins around age 40.

Declining levels of the hormones of estrogen and progesterone change a woman’s periods. These hormones maintain the health of the vagina and uterus, and regulate the menstrual cycles

Menopausal transition, called perimenopause, is the time when a woman’s body is close to menopause. Periods may become irregular. A woman may start to feel hot flashes and night sweats.

Perimenopause usually begins about 2 to 4 years before the last menstrual period. It ends when menopause begins. A woman reaches menopause when a year has passed since her last period.

Post-menopause follows menopause and lasts the remainder of a woman’s life. Pregnancy is no longer possible. There may be symptoms such as vaginal dryness long after menopause.

Q. I’m 67 years old. Should I expect to get cataracts eventually?

A cataract is a clouding of the lens; the clear part of the eye that helps focus on images like the lens in a camera.

Most cataracts are related to aging. By age 80, more than half of all Americans either have a cataract or have had cataract surgery. There are other causes of cataracts such as diabetes, eye injury, radiation and surgery for other eye problems.

Cataracts tend to worsen gradually. The clear lens slowly changes to a yellowish/brownish color, adding a brownish tint to vision. If you have advanced lens discoloration, you may not be able to identify blues and purples.

The most common symptoms of a cataract are blurred images, faded colors, glare, poor night vision, double vision, and frequent prescription changes in your eyeglasses or contact lenses. If you have any of these symptoms, see your doctor, because they can be signs of other eye problems.

If you are 60 or older, you should have a comprehensive dilated eye exam at least once every two years. In addition to cataract, your eyecare professional can check for signs of age-related macular degeneration, glaucoma, and other vision disorders. Early treatment for many eye diseases may save your sight.

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V. Paul Reynolds

"MR. TROUT" PASSES ON

Maine fishing writer Robert “Bob” Leeman, alias “Mr. Trout,” passed away August 5th at a Bangor el-der care facility. Bob was 96.

Leeman wrote a fishing column for the Northwoods Sporting Journal for almost two decades. His debut as an outdoor writer was a half century ago, he recalls, when he started writing an outdoor column called Wildlife Corner for a Bangor paper. He thinks that it was the Penobscot Observer.

Over the years, Bob and I cultivated a friendship. We were just acquaintances before he, a widower, married my son’s mother-in-law. Bob and I fished together, shared family times together, and hosted a weekly Sunday night radio program called Maine Outdoors together. I also helped him produce his three wonderful fishing books, “Trolling Flies for Trout & Salmon,” “The Salesman Angler,” and “Fishing Brooks and Streams.”

Bob lived to fish his favorite trout streams from his old Radisson canoe with his buddy Bob Cusk. He also loved Grand Lake Stream in Princeton and spent many hours there, either on the stream or telling fish stories at the Pine Tree Store’s Li-ar’s Bench.

When he was not on the water, there is nothing, I mean nothing that Bob would rather have done than talk about fishing. He placed great value on the fishing heritage and promoted it by teaching fly tying at church, helping both friends and strangers find the right fly-fishing gear, and organizing an annual group pilgrimage to his cherished Grand Lake Stream. We dubbed the group the Wooly Bugger Gang, and it stuck.

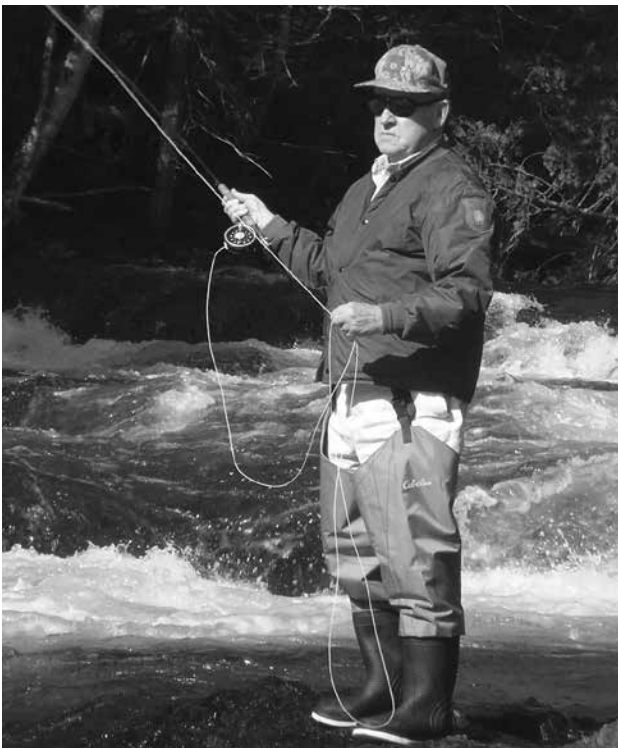


Photo by V. Paul Reynolds
Leeman knew the salmon pools on Grand Lake Stream like the back of his hand. He almost always fished a streamer fly called the Barne’s Special.

Amazingly, right up until his passing, Bob always walked with a bounce in his shoes. I asked him about that once, and he credited himself with being light on his feet to tap dancing lessons he took as a kid.

If you met Bob for the first time, he would smile, shake your hand, and invariably say, “Hello, Leeman’s the name, fishin’s my game.” And he was not kidding. Fishing was his life. Chasing trout was his thing. As a young traveling seed sales-

man, his spare time away from home on the road was spent — not in bars — but on trout streams from Calais to Fort Kent.

He was a consummate fly tier. He had almost as many fly rods and reels as he did new shirts. Bob had a shirt fetish. When Bob was not looking, his ex-wife Alice would hand me down some of his sur-plus L.L. Bean shirts, which I often wore and flaunted around him intentionally. He never even noticed.

As an editor for dozens of outdoor writers for the Northwoods Sporting Journal, I have learned one thing: we all run out of steam, some before others. Bob held on longer than others, but he knew when to quit. I tried to talk him out of quitting his monthly column.

“Nope,” he said, not looking conflicted at all. “It’s time to call it a day.”

Now that Bob has passed, I feel sure that he will bump into another Maine outdoor legend, our mutual friend Wiggie Robinson, for whom the Legendary Maine Guide Award is named. Bob was a Maine fishing guide, too, and, like Robinson, he was known in outdoor circles and earned the right to “paddle the Silver Canoe.”

Tight lines, Mr. Leeman.

The author is editor of the “Northwoods Sporting Journal.” He is also a Maine guide and host of a weekly radio program — “Maine Outdoors” — heard Sundays at 7 p.m. on “The Voice of Maine News – Talk Network.” He has authored three books; online purchase information is available at www.maineoutdoorpublications.com.

FITNESS CLASS SCHEDULE

monday

9-10AM
Super Circuit
w/ Hawk

10:15-10:45AM
Functional Fitness
w/ Hannah

11AM-12PM
Water Aerobics
w/ Diane

11AM-12PM
Gentle Yoga
w/ Kyle

tuesday

8-9AM
Total Body Strength w/ Brit

9-10AM
ALL LEVELS SPIN
w/ Cyn

10:15-11AM
Chair Yoga
w/ Hannah

4-5PM
Karate (Kids)
w/ Dan

5-6PM
Power Yoga
w/ Hannah

wednesday

8-9AM
Essentrics
w/Kristi

9-10AM
Super Circuit
w/ Hawk

10:15-10:45AM
Functional Fitness
w/ Hannah

11AM-12PM
Gentle Yoga
w/ Kyle

3-6:30PM
Jiu Jitsu
w/ Shawn

thursday

8-9AM
Total Body Strength w/ Brit

10-11AM
Gentle Flow Yoga
w/ Holly

5-6PM
Karate (Kids)
w/ Dan

6-7PM
Karate (Teen/Adult)
w/ Dan

friday

8-9AM
Total Body Strength w/ Brit

9-10AM
Super Circuit
w/ Hawk

10AM-11AM
Gentle Yoga
w/ Kyle

11AM-12PM
Water Aerobics
w/ Diane

saturday

9-10:15AM
All Levels Yoga
w/ Kristina

10AM-11AM
Gentle Yoga
w/ Kyle

FITNESS CENTER

FULLY-EQUIPPED GYM

FITNESS CLASSES

PERSONAL TRAINING

PICKLEBALL

SILVER SNEAKERS PARTNER

HEATED THERAPY POOL

PROGRAMS & SERVICES

CHILDREN'S PROGRAMS

MASSAGE THERAPY

PHYSICAL THERAPY

RESPIRE CARE

SWIM LESSONS

MEMBER PRICING:

BLUE CLASSES - \$10

PINK CLASSES - FREE

GREEN CLASSES - Monthly Fee

NON-MEMBER DROP IN \$12

SCAN ME

For updated online schedule

@rangeleyhealthandwellness

RHW is a nonprofit community organization dedicated to promoting health, wellness, and quality of life in the Rangeley Lakes Region.

Through fitness programs, physical therapy, youth and senior activities, community partnerships, and educational initiatives, RHW serves residents and visitors of all ages. As a nonprofit, Rangeley Health & Wellness relies on grants, fundraising events, and charitable contributions to make wellness programs accessible to the entire community.

High Peaks Alliance conserves Mosher Hill Falls as the Bernard and Jean Kinney Family Forest

FARMINGTON — High Peaks Alliance has conserved Mosher Hill Falls, now known as the Bernard and Jean Kinney Family Forest, preserving the 199-acre forest for public access and community use. The property features a scenic loop trail, the striking 45-foot Mosher Hill Falls, mature conifers, and wetlands.

Named a “community gem” in the State of the High Peaks reports, the Bernard and Jean Kinney Family Forest will remain open for public enjoyment, recreation, and stewardship for years to come.

Steve Kinney, the former owner of the property conserved by High Peaks Alliance and now known as the Bernard and Jean Kinney Family Forest, said, “I chose to name this reserve in honor of my parents because of several factors. My father, being of Irish descent, had a true love of the land and enjoyed spending as many hours as possible out in the woods and pastures of his own property. He was an excellent steward of the land and instilled in us, his children, the importance of caring for it. My mother also enjoyed nature and the outdoors. She hiked, biked, kayaked, and enjoyed cross-country and downhill skiing. Between the two of them, we were shown the importance of nature and to value the beautiful state that we have been blessed to call home. My father has passed, but my mother, at 101, will be part of the ceremony celebrating this special place named in her honor.”

For years, locals and visitors have come to Mosher Hill Falls to hike, wade at its base, explore the woods, and enjoy a quiet connection with nature. Its dramatic waterfall, forest, and wetland habitat make it one of the most distinctive landscapes in the region.

Doug Dunlap, Farmington resident, Alliance board member, and longtime Maine outdoorsman, said, “Our kids loved to visit the falls and explore the surrounding woods in their growing-up years, and now return with their own children. I am grateful that other families, anyone of any age, will have access to this gem, forever.”

On August 8, the community is invited to a Ribbon Cutting Ceremony to celebrate the conservation of this property. The event will include brief remarks, a walk to the falls, and



photos submitted by High Peaks Alliance

time to explore the new trail improvements. Please RSVP to know how many to expect.

The Bernard and Jean Kinney Family Forest will also serve as a place for hands-on learning and community connection. The Alliance will use the forest as a learning site for Foster Tech’s Forestry and Wood Harvesting and Outdoor Leadership Programs, helping students apply classroom learning in a real-world setting.

On August 12, the Alliance will host a Tree ID and Bird Ecology Walk at the Bernard and Jean Kinney Family Forest. Led by District Forester Julie Davenport and The Wilderness Society’s Peter McKinley, the walk will give participants a chance to learn about tree species, bird habitat, and the ecological importance of the site. Registration is required.

The conservation of Mosher Hill Falls was made possible through the generous support of the John Sage Foundation, Maine Mountain Collaborative, Lands for Maine’s Future, Susan and Fritz Onion, the U.S. Forest Service Community



Forest Program, private donors, Acme Land Surveying, and Acorn Engineering.

“Mosher Hill Falls is a magical place just out of Town where the Kinney Family has allowed people to enjoy for the last 20 years,” said Brent West, Executive Director of High Peaks Alliance. “Now the community will always be able to explore the gorge and enjoy the waterfall. Additionally, this forest will be used as a learning forest for Foster Tech’s Forestry and Wood Harvesting and Outdoor Leadership Programs.”

For more information about Mosher Hill Falls and upcoming programs, visit HighPeaksAlliance.org.

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